handcrafted

BURRITOS

Cilantro-lime rice, black beans, roasted corn, sour cream, Monterery jack cheese, cilantro. Your choice of: protein, salsa, and tortilla.

BOWLS

Cilantro-lime rice, black beans, roasted corn, sour cream, Monterey jack cheese, cilantro. Your choice of: protein and salsa.



A blend of romaine, kale, red cabbage, black beans, roasted corn, cotija cheese, toasted almonds, honev-lime dressing, cilantro. Your choice of: protein and salsa.

BATTERED COD	12.95
BEEF BARBACOA Slow-cooked, grain-fed seasoned Canadian beef	12.95
GRILLED STEAK Grain-fed Canadian beef marinated in chipotle adobo	12.95
Hormone-free chicken marinated in chipotle adobo	

GRILLED CHICKEN

SHRIMP	12.95
Premium, pan-seared, and	
seasoned in chinatle adoba	

BBQ PORK	11.95
Tender slow-cooked arain-fed	

Canadian pulled pork

Crispy, lightly battered,

wild-caught, Pacific cod

11.95 **VEGGIE CRUMBLE**

Lightlife™ plant-based pea protein grounds marinated in a chipotle adobo sauce.



CHOICE OF

PICO DE GALLO

GRILLED PINEAPPLE

PREMIUM EXTRAS

FAJITA VEGETABLES

DOUBLE PROTEIN

EXTRA CHEESE

GUACAMOLE

MILD

11.95

YOUR

ROASTED TOMATILLO + JALAPEÑO

Prepared fresh in-store daily with Hass avocados

Sautéed green and red peppers and onions

ROASTED TOMATO + CHIPOTLE







TORTILLA CHIPS

SINGLE SIZE (3oz)	2.00
FAMILY SIZE (11b)	6.95
SIDES	
ESQUITES CORN SALAD (12oz)	3.95
TORTILLA SOUP (12 oz)	4.50
SIDE SALSA (3oz)	1.50
SIDE GUAC/QUESO (3 oz)	2.00
LARGE SALSA (120z)	6.95
LARGE GUAC/QUESO (12oz)	7.95
COOKIES	1.50

CANNED	1.95
BOTTLED	2.95
SAN PELLEGRINO	2.75

DASANI WATER	1.95
SPARKLING WATER	2.75
SMART WATER	3.25

A zesty vegan soup base with rice, corn, cilantro, tortilla chips, and your choice of chicken or veggie crumble

favourites

TACOS

Choice of tortilla, romaine lettuce, sour cream, cheese, cilantro, and your choice of protein and salsa

4.50 CHICKEN, BBQ PORK, VEGGIE CRUMBLE 4.75 STEAK, BEEF BARBACOA, COD, SHRIMP

QUESADILLAS

Choice of tortilla, cheese, pico de gallo, cilantro, and sour cream

CHEESE 9.95 CHICKEN 11.95 **STEAK 12.95** FAJITA VEGGIES 11.95

NACHOS

2.00

2.00

3.50

1.50

Tortilla chips, queso sauce, beans, corn, sour cream, pico de gallo, cilantro, and guacamole REGULAR 9.95 | CHICKEN 10.95 | STEAK 11.95

TORTILLA SOUP

ENTRÉE 9.95





juice and milk

JARRITOS 3.25 **BOTTLED JUICES** 2.95 3.25 **VITAMIN WATER** MILK (250 ML) 1.95 MILK (500 ML) 2.95

Sian up for

z-teca.com

special offers at